

Living Well with Chronic Disease

Do you or someone you know need help managing:

- Arthritis
- Asthma
- Diabetes
- Heart Disease
- High Blood Pressure
- Other Chronic Condition

We are offering a free six-week program for our veterans. The class meets one time each week for 2 ½ hours-for 6 weeks. You will learn ways to manage stress, develop action plans, create confidence around regaining control of your life and much more.

The leaders are trained in the evidence-based Chronic Disease Self-Management Program (CDSMP) method developed by Stanford University.

Ask your healthcare team about this opportunity or call: (509) 525-5200 ext. 126287

Ask about it today!